

Genetic Lifehacks

Learn. Experiment. Optimize.

Hi everyone,

We all know that there's a lot of BS on the internet about supplements. Marketing spiels make you think this cool new herbal pill will cure blindness, grow hair, and stop all cancers.

It's easy to throw the baby out with the bathwater and assume that all supplements are bogus. But that isn't true, either. Many high-quality research studies show specific benefits from natural products, often with a better safety profile than pharmaceutical options.

The articles featured below outline the research studies and clinical trials on a couple of natural supplements that I think have many potential benefits - for some people.

What you won't find in these articles are links to buy the supplements. A couple of years ago I removed all the affiliate links from the Lifehacks sections because I caught myself looking for research specifically to be able to put a link to a product. The membership model takes away that temptation to cherry-pick the research and keeps me working for you.

Thank you for being a member!

Debbie



Ashwagandha: Research backed benefits and side effects

This is one of those supplements that I've always viewed with a bit of skepticism. Reading claims such as "it's a calming adaptogen" or that ashwagandha "nourishes the adrenals" made me instinctively distrust the purported benefits.

The clinical trial data from randomized placebo-controlled trials, though, clearly shows statistically significant, specific benefits of supplemental ashwagandha.

[Read the full article](#)



Member's Only Article

Berberine: Research studies, Absorption, and Genetics

Berberine is a natural supplement with some amazing research on it for reducing high blood glucose levels and reducing high cholesterol. The

drawback, though, is poor absorption in the intestines, decreasing its effectiveness.

In this article, I'll go in-depth on the research studies on berberine, including:

- how berberine works
- who might benefit from it
- how it is metabolized
- ways to increase absorption

[Read the full article](#)



Member's Only Article: Longevity and Healthspan supplement

Fisetin: Antioxidant and Senolytic

Aging brings with it a myriad of health issues including an increased risk of diabetes, heart disease, cancer, and neurodegenerative diseases. A supplement that can mitigate the root cause of some of these age-related conditions is a very alluring idea. But does the research back it up?

This article delves into the recent research on a natural compound called fisetin that may prove to be a key anti-aging component. Or...it could be just one more way to keep mice healthy. We'll probe the evidence for using fisetin as a longevity compound and explore the research on supplemental fisetin's health benefits. We will also explore the timing and dosages of fisetin used in clinical trials. Finally, you will be able to draw your own conclusions as to whether there is sufficient evidence for using fisetin at this time.

What I've been reading:

1) [Will You Live To 200? Five Levels Of Breakthroughs In Longevity Research You Must Know About](#)

This recent Forbes article is by the founder of the Longevity Vision Fund. It covers five of the most promising life extension breakthroughs in longevity research.

2) [A Misleading C.D.C. Number](#)

A New York Times article explains the erroneous statistics on which the CDC based mandating masks outdoors to prevent COVID-19. In a nutshell, the CDC recommendations were based on likely errors in data from Singapore. Instead of 10% of transmission occurring outdoors, experts put the risk at less than 1% (and likely around 0.1%). Note that it's been known for decades that UV light inactivates coronaviruses.

Rant warning (*skip the rest of this if you just don't want to read anything else more about the COVID :-)*)

In other CDC news, they admitted last week something that has been well known for a year: the SARS-CoV-2 coronavirus is spread by aerosol transmission. From a historical perspective, this is unsurprising news. It's been known since the 80s that coronaviruses spread by aerosol transmission. Plus, there are 500+ research studies on the aerosol transmission of COVID, beginning in March of last year. ([study](#))([study](#))([study](#))

Why is this a big deal? The whole social distancing (6 feet apart), sanitizing every surface, hand sanitizer, and even wearing poorly fitting cloth face coverings are all based on preventing the spread of **droplets** from sneezing, coughing, talking loudly -- all at close contact.

The particle size of the airborne coronavirus is such that it can linger in still air, such as in an enclosed room, for a long time.

Aerosol transmission is an important distinction because a focus on improving ventilation, doing activities outside when possible, and air filtration in enclosed spaces would have been a much more effective recommendation.

Instead of increasing ventilation, many businesses and schools decreased airflow in rooms by erecting large plexiglass barriers.

It turns out that fomite transmission from touching surfaces contaminated by droplets is [really rare](#).

You may be thinking "but the CDC didn't know, since the virus was new". Personally, I don't buy it. There is plenty of research prior to 2019 showing aerosol transmission for coronaviruses (including SARS and MERS) - lots of research on which particle sizes linger in the air.

Don't get me wrong: *I'm still all for people giving me space when standing in a line.* And hand washing is something everyone should do to prevent infectious diseases spread - just google "fecal-oral transmission".

What I cannot understand is why the correct NPI recommendations were not made in the US and in other countries. Why the focus on locking people inside and shutting down parks and playgrounds?? Instead, the CDC should have encouraged opening up windows, installing ventilation systems, and spending a lot more time outdoors.

Want more scientific details? Here is a good review paper explaining [aerosol transmission of respiratory diseases](#) from a few years ago. And perhaps you would find this article on [gain-of-function flu virus research](#) in ferrets via aerosol transmission interesting.

Genetic Lifehacks

Cameron, MT

You received this email because you are a Genetic Lifehacks member.

[Unsubscribe](#)